

COOK'S NOTEBOOK

ON THE WEB // For more area food-related events, visit baltimoresun.com/foodevents

WINE FIND

2005 SOUVERAIN MERLOT

From: Alexander Valley, Calif.
Price: \$19
Serve with: Red meat, roast chicken, game birds

Many California merlots seem to have no reason to exist because they are so similar — though usually less satisfying — to the same producer's cabernet sauvignon. Souverain's merlot is smooth and creamy, well-differentiated from cabernet. There are real echoes of Bordeaux's Pomerol region in its lush flavors and its "steel fist in a velvet glove" texture. The black cherry and plum fruit is seasoned with Asian spice flavors such as clove, cinnamon and nutmeg, with a touch of vanilla. It's delightful now, but has the backbone to age well for up to a decade.

[Michael Dresser]



EVENTS

WINE TASTING // Learn how the same grape makes different styles of wine at 6 p.m. Oct. 25 at Bin 604 Wine Sellers, 604 S. Exeter St. \$29. Advance ticket purchase required. Call 410-576-0444.

PASTA CLASS // Learn to make hearty fall pastas at 6:30 p.m. Oct. 30 at Donna's of Columbia, 5850 Waterloo Road. \$45. Reservations are required, and there is a 48-hour cancellation policy. Call 410-659-5248, ext. 112, or visit donnas.com for more information.

SITE DU JOUR

»» GLUTENFREEDA.COM

This online cooking magazine offers guidance for the growing community of people with gluten sensitivities. Free subscription gets you access to recipes, articles and product tests.

[KATE SHATZKIN]

BOOKMARK

Japanese fare: humble to flashy

BY LAURA MCCANDLISH
[SUN REPORTER]

»» HARUMI'S JAPANESE HOME COOKING
By Harumi Kurihara
Home Books / 2007 / \$27.95

Many toothsome gems of Japanese cuisine are rarely listed on the menus of restaurants here. But visiting friends in Japan years ago,



I learned that the local food has a range that goes far beyond the flashy exports of sushi and Kobe beef. Now we all can create this simply elegant fare. The celebrated Harumi Kurihara — known as the "Japanese Martha Stewart" — has just published her second English-language book, *Harumi's Japanese Home Cooking*. I recently prepared a dinner of Kurihara's cheery dishes for Mongolian friends who spent their undergraduate years in Japan.

I made tasty rice bowls of Tuna and Avocado Small Donburi to start, with lime-and-salt-cured yellowtail tuna, because sashimi-quality raw fatty tuna was hard to locate.

Then I served Chicken Rolled in Sesame Seeds with Eggplant and Harusame Noodle Salad. The fried-chicken pieces, alternately dipped in black or white toasted sesame seeds, looked bold on the plate.

I steamed tiny "fairy-tale" eggplant for the salad. Its tangy dressing clung to the delicate noodles, aromatically spiced with cilantro and a sliced red chile.

Though dessert doesn't take center stage in Japan, it was a favorite part of our dinner. I made Rice Dumplings With Mango Sauce. The soothing mango, soy milk and coconut milk soup is an appealing end to a spicy meal.

»» MORIMOTO: THE NEW ART OF JAPANESE COOKING
By Masaharu Morimoto
DK Publishing / 2007 / \$40

The artsy tableaus in the Japanese Iron Chef's new cookbook might be more at home on a coffee table than in the kitchen.

Masaharu Morimoto's brand of global fusion is a flamboyant 180 degrees from Harumi Kurihara's more humble — and practical

— home-style fare. Eating is theater to the television star and restaurateur.

I wasn't too intimidated to make Morimoto's signature raw Tuna Pizza With Anchovy Aioli but couldn't find decent ruby-red, sushi-grade fish in time. I can imagine cooking recipes for Orange-Roasted Seafood, Bamboo Shoots With Fresh Mint and Tofu and Spicy Pork Sauce at home.

But other dishes, particularly desserts calling for seafood ingredients, seem ostentatiously exhibitionist. Sugared Salmon With Beet Sorbet, Squid Strawberry Ice Candy, Vanilla Ice Cream With Lobster Sauce, anyone?

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ONLINE

Hungry for more? Recipes for Chicken Rolled in Sesame Seeds and Rice Dumplings With Mango Sauce can be found at baltimoresun.com/taste

EGGPLANT AND HARUSAME NOODLE SALAD
SERVES 4

¾ pound eggplant
½ cup dried harusame noodles (see note) or vermicelli rice
cilantro leaves for garnish
DRESSING:
2½ tablespoons soy sauce
1 tablespoon superfine sugar
1 tablespoon sesame oil
1 teaspoon rice vinegar
2 teaspoons finely chopped ginger
1 red chile, sliced
½ teaspoon granulated chicken stock powder dissolved in 3 tablespoons hot water

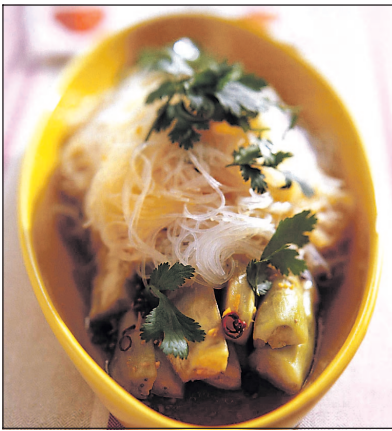
Peel the eggplant after removing the stems. Cut in half horizontally and chop in quarters lengthwise. Soak in cold water for 5 to 6 minutes to remove bitterness.

Cook the noodles according to the package instructions, taking care not to overcook. Cool in cold water, drain and roughly chop.

Place the eggplant in a steamer and cook until soft. Remove and leave to cool.

To make the dressing, add the soy sauce, sugar, sesame oil, rice vinegar, ginger and chile to the dissolved chicken stock and combine.

When the eggplant is cool enough to handle, lightly squeeze to remove excess liquid and place on a serving dish.



FROM "HARUMI'S JAPANESE HOME COOKING"

Arrange the noodles on top and pour the dressing over them. Garnish with the cilantro leaves.

Note: Harusame noodles are very fine and translucent, made from mung beans or potato starch.

From "Harumi's Japanese Home Cooking," by Harumi Kurihara

Per serving: 339 calories, 7 grams protein, 4 grams fat, 1 gram saturated fat, 64 grams carbohydrate, 3 grams fiber, 0 milligrams cholesterol, 978 milligrams sodium

With turkey, no need to go slow-roast route

BY JIM ROMANOFF
[ASSOCIATED PRESS]

When it comes to turkey, slow-roasting comes to mind before quick-cooking. Not so in the healthful kitchen.

Turkey breast cutlets are thin slices of skinless meat that cook quickly and require almost no prep, making them an excellent choice for weeknight dinners. On

top of that, they have only half a gram of fat per 4-ounce serving.

Turkey breast cutlets can be purchased fresh or frozen, and range in size from large slices (from the main lobe of the breast) to narrow "tenders" cut from the breast tenderloin.

They are best prepared over moderate heat. Test for doneness by checking to see that they are no longer pink in the center.

This recipe for Parmesan-

Crusted Turkey Cutlets uses "oven frying," a technique that produces crispy deep-fried results without all the fat.

For the best flavor, use freshly grated parmesan, rather than the kind that comes in a jar.

To guarantee crispy results, the dredged cutlets are misted on all sides with olive oil spray before being baked. The spray nozzle distributes the oil evenly and adds hardly any fat.

PARMESAN-CRUSTED TURKEY CUTLETS
MAKES 4 SERVINGS // TOTAL TIME: 35 MINUTES

olive oil cooking spray
1 pound turkey breast cutlets
1 tablespoon Dijon mustard
¾ cup unseasoned bread crumbs
½ cup grated parmesan cheese
2 tablespoons chopped fresh parsley
¼ teaspoon freshly ground black pepper
2 large egg whites

Place a rack in the top third of oven. Preheat oven to 425

degrees. Set a wire rack on a baking sheet and coat the rack lightly with cooking spray.

Brush both sides of the turkey breast cutlets with mustard. In a pie plate or other shallow dish, combine the bread crumbs, parmesan, parsley and pepper.

In another bowl, whisk egg whites until frothy and opaque. Dip each cutlet into the beaten egg whites, then in the bread-crumb mixture. Place the cutlets on the prepared rack over the

baking sheet. Discard any remaining bread-crumb mixture.

Coat the top of each cutlet with cooking spray, turn the cutlets over and spray again. Bake for 15 to 20 minutes, or until the crumb coating is golden brown and crisp and the turkey is no longer pink at the center.

Per serving: 244 calories, 4 grams fat, 2 grams saturated fat, 75 milligrams cholesterol, 13 grams carbohydrate, 35 grams protein, 1 gram fiber, 374 milligrams sodium

Recipe analysis provided by AP.



Is your kid's Halloween costume frighteningly cute?

We want to see!
Send us your cutest costume pictures for our photo gallery.

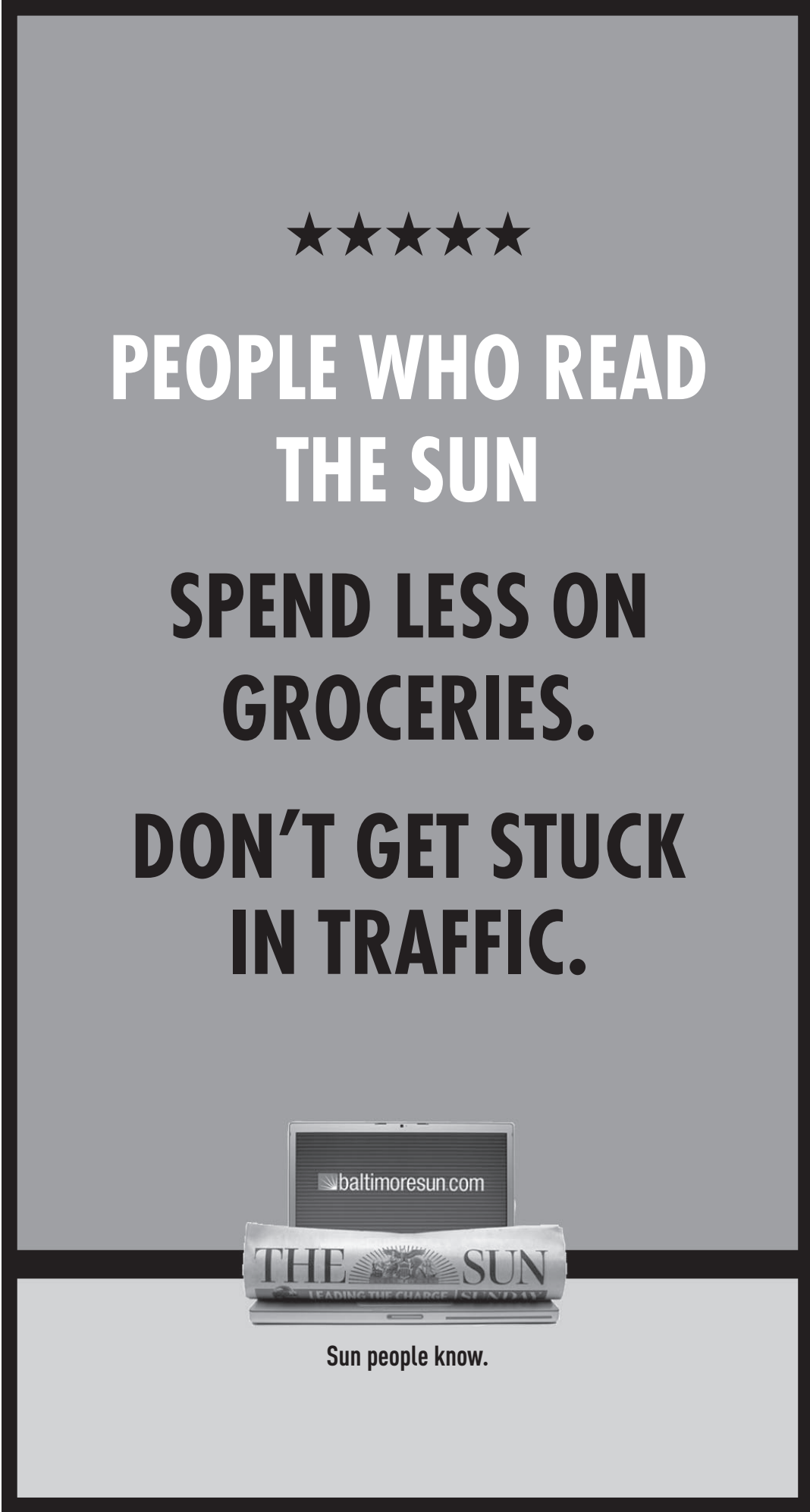
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★★★★★

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